

## **Celebrate National Trails Day at Bonneville Lock and Dam, June 5, 2004**

Portland, Ore – Come celebrate and support the Fort Cascades National Historic Trail on June 5<sup>th</sup> for National Trails Day at Bonneville Lock and Dam. This year's National Trails Day theme is "Trails and Health...A Natural Connection." The American Hiking Society identifies prevention of heart disease and osteoporosis and reduction of high blood pressure as benefits of hiking. Take this opportunity to start or continue your fitness plan with hiking.

Guided walks of the historic trail will be lead by Park Rangers at 11:00am, 1:00pm, and 3:00pm. Self-guided trail brochures are available. A Ranger will be stationed at the trailhead from 10:30am - 4:00pm to provide information. Volunteers may sign-up for future trail maintenance opportunities.

The trail is a 1-mile loop with little elevation change. Walking shoes are appropriate footwear. Come prepared for all weather. Picnic tables are available at the trailhead. Nearby restaurants are located in Stevenson, WA or Cascade Locks, OR.

For more information about this event, please contact Michael Haas at the Bonneville Lock and Dam Visitor Center at 541-374-8820.

The Fort Cascades National Historic Trail is located on Washington State Highway 14 at milepost 39 on the grounds of the Bonneville Lock and Dam. There is a brown trail sign on Highway 14 showing the trailhead site. Bonneville Lock and Dam, operated by the U.S. Army Corps of Engineers, is 40 miles east of Portland, Ore., on the Columbia River. The Washington Shore Visitor Center is located on Washington State Highway 14 at milepost 40.